WHITE OAK SENIOR CENTER

December 2022

1700 April Lane, Silver Spring MD 20904 240-777-6944 Senior Center Line 240-777-6940 Main Line						
Staying Fit & Having Fun Intellectually Speaking Fun & Games Music, Movement & More Creative Corner At the Movies Healing Hearts By Community Partners						
Mon	Tue	Wed	Thu	Fri		
Senior Team TeAnna Abraham-Smith Senior Center Director 240-777-6945 Direct Line Teanna.abraham@montg omerycountymd.gov Kathei Brown Nutrition Manager Orlando Davalos Program Assistant Nancy Court Program Assistant Denise Perdue Evening Coordinator			9am-10am Zumba Gold w/Amy 10am-11:30am Diabetes Management Basics 10am-11am Soul Line Dance w/Peytrienne 10:30AM-12PM Low Impact Exercise Video 10am-12pm Pickleball 12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane 1pm -2pm Spanish Conversation Group 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom. Beginner's Welcome) 9:15am-10:15am Yoga for All w/Edgar 10:30AM-12PM Low Impact Exercise Video 10:30am-12pm Health Body, Peaceful Mind(Zoom) 10:30am-11:30am Senior Planet Education Sessions:Chrome Essentials 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jong 1:30pm-3:30pm Chinese Folk Dance 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)		

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Cinema 1pm-2pm Card Making w/Elizabeth

12:30 - 3:30pm Social Bridge

12:30pm – 2pm Afternoon



12pm – 1pm Lunch

Awareness 10:30am-12pm Dancing w/Ming

1pm-2pm Bingo Blast 1pm-3pm Chinese Folk Dance 2pm-3pm Tai Chi (In Person Beginner's Welcome)

12pm-1pm Lunch

Essentials 11am-12pm Creative **Movement & Dance** 12pm-1pm Lunch 1pm 55+ Driver Safety Class 1pm-2pm Bingo Blast (Espanol)



Exercise Video

12pm-4pm Bid Whist 12:45pm-1:45pm Super Power Dance Circle w/Jane

10am-12pm Pickleball

1pm -2pm Spanish Conversation | Peaceful Mind w/Tammy Group

2pm-3pm Tai Chi (In Person & Beginner's Welcome)

9:15am-10:15am Yoga

Tree Trip

10:30AM-12PAM Low Impact Exercise Video

10:30am-12pm Health Body, (Zoom)

10:30am-11:30am Senior Planet Education Sessions:Chrome Essentials

12pm-1pm Lunch 12:30pm-3:30pm American Mah Jongg 1:30pm-3:30pm Chinese Folk

6pm-9pm Soul Line Dance Party

Dance

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Mah Jongg

Dance

1:30pm-3:30pm Chinese Folk

2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)

Person Beginner's

Welcome)

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Center Closed for Holiday	9am-10am Zumba Gold w/Amy 10am-12pm Spiritual Support 10:30am-12pm Dancing w/Ming 12pm-1pm Lunch 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 9:30am-1:30pm Kensington Club 12pm-1pm Lunch	10am-12pm Pickleball 10:30AM-12PM Low Impact Exercise Video 12pm-1pm Lunch 12pm-4pm Bid Whist 2pm-3pm Tai Chi (In Person Beginner's Welcome)	9am-10am Tai Chi (In Person & Zoom Beginner's Welcome) 10:30AM-12PAM Low Impact Exercise Video 10:30am-12pm Health Body, Peaceful Mind w/Tammy (Zoom) 12pm-1pm Lunch 12:30pm-3:30pm American Mah Jongg 2pm-3:15 Soul Line Dance w/Peytrienne (Zoom)			
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	clad your baskl						
		*Kensington Club is a social day club for seniors with early-stage memory loss. Registration required. For information call 301-255-4221 Please email TeAnna.abraham@montgomerycountymd.gov to register for Zoom classes White Oak Senior Center is open Monday through Friday 9am-3pm. Lunch is served and transportation provided.					